

## ABSTRACT

A sanitary Napkin is described in its usual form. The body of which is planar with two elongate edges and two symmetrical curvilinear ends. The body is composed of an outer impermeable layer, and absorbent core, and a bottom adhesive layer which is affixed to the undergarment of the wearer. The present invention incorporates an internal covering which is pulled from the inside of the sanitary napkin to the outside for disposal of the used sanitary napkin.